

MEDITATION ON TWIN HEARTS

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MEDITATION ON TWIN HEARTS

is an advanced meditation technique aimed at achieving illumination or universal consciousness. It is also an instrument of world and community service that eventually harmonizes the earth by blessing it with loving-kindness, peace, joy and goodwill. Meditation on Twin Hearts is a noble tool that raises one's vibrations toward higher states of awareness and expanded levels of consciousness.

Grand Master Choa Kok Sui, an internationally known author, teacher and lecturer and the modern founder of Pranic Healing and Arhatic Yoga introduced Meditation on Twin Hearts to the public for the first time in the 1980's. Grand Master Choa Kok Sui, a spiritual teacher and spiritual inspiration to millions of people worldwide introduced this meditation as a powerful tool for spiritual development. Presently being practiced globally by tens of thousands of people of different religions and backgrounds, the



Crown Chakra



Heart Chakra

Meditation on Twin Hearts is extraordinary in its simplicity with amazing and dramatic results. This exceptional meditation is based on an ancient secret only revealed to advanced spiritual aspirants. Grand Master Choa Kok Sui utilized different advanced meditational techniques and synthesized it into one simple yet powerful meditation.

Meditation on Twin Hearts is based on the principle that some of the major energy centers of the body or *chakras* are entry points or gateways to certain levels or horizons of consciousness. The Twin Hearts pertain to the heart and crown energy centers. The *heart chakra* is an energy center in front of a person's chest. It is the energy counterpart to the physical heart. The *heart chakra* is the center for compassion, joy, affection, consideration, mercy, and other higher refined emotions. The crown energy center (also called the spiritual heart) located on top of the head is the entry point to higher spiritual consciousness. To achieve illumination or cosmic consciousness, it is necessary to sufficiently activate the *crown chakra*. This can be done only when the *heart chakra* is sufficiently activated. Only by developing the higher refined emotions can one possibly experience divine love. When the crown center is highly developed, one experiences Divine Love and Oneness with All.

The *heart chakra* is a replica, or twin of the *crown chakra*. When you look at the *heart chakra*, it has twelve petals, similar to the twelve petals that form the inner core of the *crown chakra*. The *crown chakra*, on the other hand, is the center of illumination, or divine love, or oneness. It is situated on top of a person's head, providing energy for the brain and the glands therein. When the *crown chakra* is sufficiently activated, its inner core of twelve petals unfurl, open and turn upward like a golden cup, golden crown, golden lotus, or golden flower, to receive spiritual energy which is distributed to other parts of the body.



Blessing the earth with loving-kindness, peace and goodwill through the Meditation on Twin Hearts can also be done as a group. The effectiveness of the blessings is magnified many times more when done as a group rather than as an individual.

When a person practices Meditation on Twin Hearts, divine energy flows down to the practitioner; filling him with Divine Light, Love and Power. The practitioner becomes a channel of this Divine energy.

Spiritual aspirants who have practiced this meditation for quite sometime may experience being enveloped by dazzling, sometimes blinding light. In addition, practitioners may experience divine ecstasy and bliss, and a feeling of oneness with all creation. This has been a common experience among advanced yogis, spiritual disciples and saints of all religions, and can be verified through their holy scriptures.

This brilliant light is known as *heaven ki* in Taoist yoga, or the *pillar of light* in ancient Jewish Kaballah traditions. To the Indian yogis and saints, they call this pillar of light, *antakarana* or *spiritual bridge of light*. The Christians refer to it as the *descent of the holy spirit*, symbolized by a pillar of light with a descending white dove. The white dove represents the coming down of divine energy. The descent of the divine energy causes the temporary expansion of the practitioner's major chakras and inner aura. When meditation is practiced on a regular basis, the expansion may become permanent.

When people practice the Meditation on Twin Hearts daily or regularly, their major chakras and auras will increase in size, making their energy bodies more dynamic and stronger. With bigger chakras and inner aura, they can become more powerful healers and can heal most minor ailments very quickly and almost instantaneously. Having a powerful and dynamic energy body not only enhances one's healing powers but also increases one's effectivity and productivity at work. People who have magnetic personalities or great charisma usually have bigger chakras and inner auras than ordinary people, and they tend to have a stronger influence over most people. Furthermore, a person who regularly meditates becomes more intuitive and intelligent, when faced with a problem, he will have the increased ability to see directly through the problem and find the right or proper solutions. Those who intend to practice Meditation on Twin Hearts regularly, however, should practice self-purifications or character building through daily reflection so their positive characteristics will be magnified.

The Meditation on Twin Hearts is a form of world service. By blessing the earth with loving-kindness, you fill the world with positive spiritual energies. The blessings can be directed to organizations, specific towns, cities, countries, or group of nations. When practiced by a large number of people, the meditation miraculously heals the earth, thereby making it more harmonious and peaceful. -GJM

"Meditation on Twin Hearts is one of the most powerful tools for spiritual development. It is a true gift from the Great Ones."

- Grand Master Choa Kok Sui

GRAND MASTER CHOA KOK SUI

Founder of Modern Pranic Healing & Arhatic Yoga

The experience of bliss, power, love and oneness that come to those who practice Meditation on Twin Hearts ultimately awakens other feelings - deep gratitude and profound awe for the spiritual teacher who introduced this mighty meditation to the public. That teacher is Grand Master Choa Kok Sui. Not a guru in the style of an isolated holy man on a mountaintop, but an accessible modern lecturer who brings the higher mysteries directly to students allowing them the priceless gift of contact with a physical teacher.

Master Choa began studying esoteric sciences when just a teenager growing up in the Philippines. Following a degree in chemical engineering, success as a private businessman, and the raising of a family, Master Choa began dedicating himself full time to spreading the Great Work. Fourteen books, a dozen meditation audio recordings, and countless seminars and workshops taught in dozens of countries later, Master Choa now stands as an embodiment and example of what happens when one serves. With charisma, that comes from constant contact with the divine, love and patience for his "chelas," and an astonishing physical stamina that permits him to travel most weeks of the year, Master Choa has taught tens of thousands of students around the globe the principles of Pranic Healing and the advanced meditation techniques of Arhatic Yoga. Pranic Healing, an ancient form of energy medicine, that Master Choa re-discovered and developed further, is a way every person can take a proactive role in his or her own's physical health and well-being. Arhatic Yoga - of which Meditation on Twin Hearts is a cornerstone - is a synthesis of various arcane techniques to accelerate spiritual growth. Within Arhatic Yoga there is an emphasis not only on meditation but on "character building," which teaches students how to fashion a life well-lived.

Much of the spiritual technology Master Choa teaches has heretofore remained hidden and reserved for just a select few. But Master Choa believes the world is ready for the teachings and he is committed to help the Higher Beings usher in a new age. - *Jennifer Sabih*

WHAT IS THE EFFECT OF MEDITATION ON TWIN HEARTS WITH SELF-PRANIC HEALING?

Following Meditation on Twin Hearts, a tremendous amount of divine energy flows down to the practitioner flooding him with divine light. This energy that appears like "brilliant liquid white light" can be used for healing by directing it through the major physical organs and different systems of the body to fill them with life-giving soul force. The health benefits of the Meditation on Twin Hearts with Self-Pranic Healing is well recognized and successful and dramatic healings have come about from the practice of this meditation.

BENEFITS OF MEDITATION ON TWIN HEARTS

PHYSIOLOGICAL BENEFITS

- Meditation on Twin Hearts showed measurable changes on the pattern of electrical activity through the brain by electroencephalograph (EEG). Comparing EEG studies before and after meditation, there was a dramatic transition from beta waves to alpha waves and delta-theta waves in 14 meditators and non-meditators.
- There was an observable increase in brain synchrony (alpha-delta-theta waves) between the two hemispheres of the brain after the Meditation on Twin Hearts. There was synchronization of brain waves initially between the same hemisphere and followed by synchrony between the frontal, middle and rear portions of the brain.
- There was decrease in heart rate and respiratory rate after the Meditation on Twin Hearts.
- A positive relationship of skin conductance with the Meditation was observed in all subjects.
- The Meditation on Twin Hearts was found to show a dramatic muscle potential measurements through electromyogram (EMG) of the scalene and extensor muscles of the arms.
- There was significant increase in plasma melatonin and serum serotonin following Meditation on Twin Hearts in a pilot study of 17 subjects and a follow-up study of 35 subjects.

PSYCHOLOGICAL BENEFITS

- Meditation on Twin Hearts is being used as a meditation tool for stress relief in Stress Management Programs.
- There is a noticeable relaxation of the body, calming of the emotions and stillness of the mind.
- Regular practice of Meditation on Twin Hearts include increasing contentment, happiness, inner peace and joy in life.

WHO SHOULD NOT PRACTICE THE MEDITATION ON TWIN HEARTS?

- ❑ Persons below 16 y.o.
- ❑ Patients with severe heart ailment, hypertension or glaucoma.
- ❑ Pregnant women should not do this intensely or frequently.
- ❑ Heavy smokers.
- ❑ Heavy meat eaters (particularly pork).
- ❑ Persons with excessive alcohol consumption or use of addictive and hallucinogenic drugs.

- There was improved and enhancement of relationships with spouses, family members and co-workers.
- Complete cessation of drug abuse following the Meditation on Twin Hearts has been reported.
- In conjunction with Pranic Healing, Meditation on Twin Hearts has also shown increased academic performance, athletic skills, behavioral functioning, improved memory and overall school and job performance.

SOCIOLOGICAL BENEFITS

- Some sociological benefits include improved self-confidence, reduced anxiety, improved family life, improved relationships at home and at work, increased tolerance, improved job performance, and increased job satisfaction.

PSYCHOSPIRITUAL BENEFITS:

- Meditation on Twin Hearts opens the awareness to the infinite reservoir of energy, creativity, and intelligence that lies deep within everyone.
- The meditation relaxes the body, calms the emotions and stills the mind.
- Regular practitioners of Meditation on Twin Hearts attain inner happiness, inner peace and fulfillment
- Meditation on Twin Hearts can achieve Illumination and profound expansion of consciousness
- Spiritual aspirants who practice this meditation regularly may experience envelopment of dazzling, even blinding light. Practitioners may also experience divine ecstasy and bliss, and a feeling of oneness with all creation.
- Regular practitioners of Meditation on Twin Hearts have increased sizes of chakras and auras making the energy body stronger and more dynamic.
- After practicing Meditation on Twin Hearts, pranic healers were noted to heal patients quicker than before and with amazing results.
- As a result of practicing Meditation on Twin Hearts, one becomes more intelligent and develops increased intuitive abilities.

STEPS IN MEDITATION ON TWIN HEARTS

- 1) **Cleansing Physical Exercise** Cleanse the etheric body by doing physical exercise for about five to ten minutes. Physical exercises have to be done to minimize possible pranic congestion since this meditation generates a lot of subtle energies in the etheric body.

2) **Invocation for Divine Blessing.**

The Invocation is important for one's protection and guidance. Without Divine Blessings, the practice of any advanced meditation can be dangerous.

The following invocation can be used:

To the Supreme God, I humbly invoke for divine guidance, divine love and illumination, divine oneness, divine bliss, divine help, and divine protection. With thanks and in full faith.

3) **Activating The Heart Chakra.**

The heart chakra is activated by blessing the entire earth with loving-kindness using the Prayer of St. Francis of Assisi. Visualize people smiling and filled with joy, faith, hope and peace. Visualize enemies reconciling, embracing and forgiving each other. One should also personally feel joy, happiness and peace filling your entire being while blessing the earth.

4) **Activating The Crown Chakra.**

The crown chakra is activated by using the following blessing:

*From the center of the heart of God,
Let the entire earth be blessed with loving-kindness.
Let the entire earth be blessed with great joy and happiness.
From the center of the heart of God,
Let the entire earth be blessed with
understanding, harmony, and divine peace.
Let the entire earth be blessed with
goodwill and the will to do good.*

Allow yourself to be a channel of divine loving-kindness, joy, happiness, understanding and peace and share these with the whole earth. Visualize people smiling, their hearts filled with joy and happiness. Visualize people or nations that are on the verge of fighting or are fighting reconciling and living in harmony with each other. Visualize people putting down their arms, shaking hands and embracing each other. Imagine people not filled with good intentions, not only talking about doing something good, but also actually carrying out these good intentions. This is the meaning of the "will to do good."

5) **Blessing with the Heart And Crown Chakras.**

Concentrate simultaneously on the crown chakra and the heart chakra, and bless the entire earth. This will align both chakras, thereby making the blessing more potent. You may use the following blessing:

*From the center of the heart of God,
Let the entire earth, every person, every being
be blessed with divine love and kindness
Let the entire earth, every person, and every being be blessed
With divine sweetness, divine joy, with warmth, caringness and
tenderness.
From the center of the heart of God,
Let the entire earth, every person, and every being be blessed
With inner healing, inner beauty,
divine bliss and, divine oneness.*

Imagine the small earth in front of you. Visualize a golden light from your hands going down to the earth, filling the whole earth with light and love. Feel the divine love and kindness and share these with the whole earth, every person and every being. Feel the sweet, loving feeling and share it with the whole earth. Feel the divine bliss and divine oneness, and share these with every person and every being.

- 6) **Achieving Illumination.** Meditation On The Light, On The Mantra OM And The Interval Between The Two OMs

Gently imagine a brilliant white light or golden light on the crown. Look at it gently and lovingly. Feel the quality of the energy emitted by the light. Feel the inner peace, stillness and bliss emanating from the light. Be aware of the light, the inner stillness and the bliss. Gently and silently chant the mantra OM or Amen. Continue meditating. Relax and let go.

7) **Releasing Excess Energy.**

After meditation, it is important to release all excess energy by blessing the earth until you feel the body has normalized. Bless specific persons, your family and friends. Next, gently be aware of the base of the spine. Project your consciousness down into the earth and imagine light descending into the earth three meters or 10 feet deep.

8) **Thanks Giving**

After the end of the meditation, always give thanks to the Divine Providence and to your spiritual guides for the divine blessing.

9) **Further Releasing Of Excess Energy Through More Physical Exercises.**

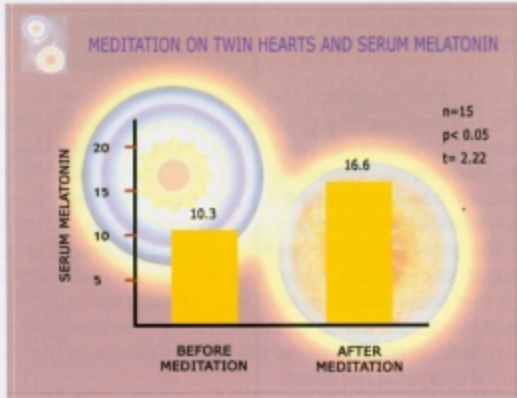


Practitioner of Meditation on Twin Hearts.

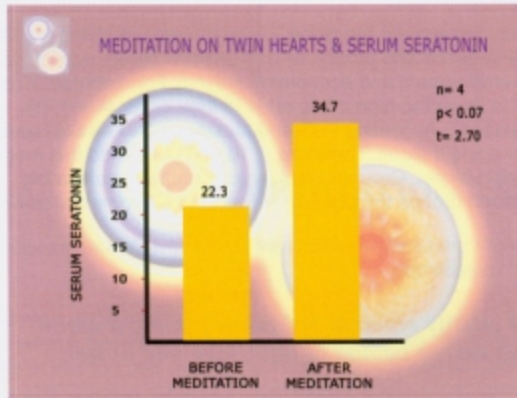
HOW COME MY BODY IS MOVING DURING THE MEDITATION?

During meditation, one may experience unusual movements such as shaking, rocking or circular motions of the physical body for a limited period of time. This is quite normal as the etheric channels are being cleansed.

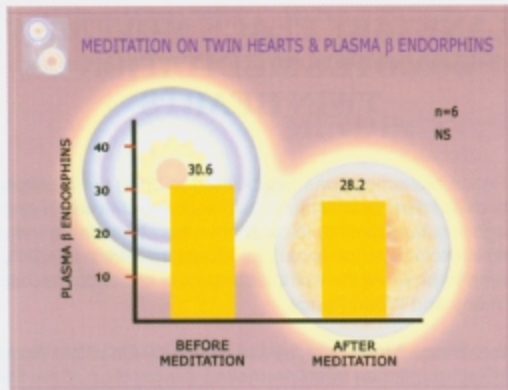
SCIENTIFIC STUDIES ON MEDITATION ON TWIN HEARTS



Melatonin, the principal hormone produced by the pineal gland, is significantly increased following Meditation on Twin Hearts. Research by Glenn Mendoza, M.D. and Supriya Ghorpadkar. The Center for Pranic Healing, New Jersey, USA.



Serotonin, a neurotransmitter, rises following Meditation on Twin Hearts. Research by Glenn Mendoza, M.D. and Supriya Ghorpadkar. The Center for Pranic Healing, New Jersey, USA.

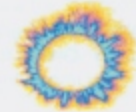
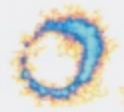


Betaendorphins and Meditation on Twin Hearts. Research by Glenn Mendoza, M.D. and Supriya Ghorpadkar. The Center for Pranic Healing, New Jersey, USA.

AURA AROUND THE LITTLE FINGER

Before Meditation

After Meditation

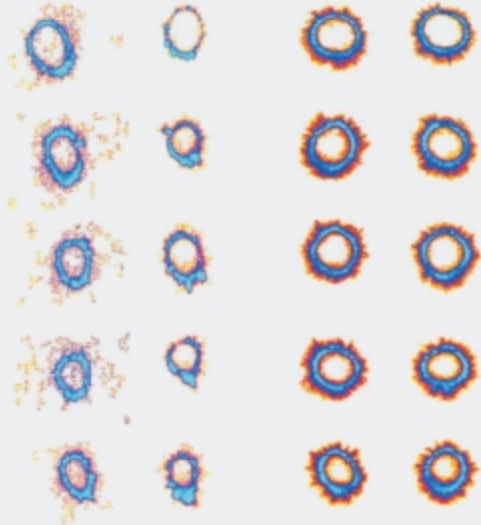


The GDV images show the bioplasmic energy field around the finger of S.M.P. before meditation, and after doing the Meditation on Twin Hearts.

AURA AROUND ALL TEN FINGERTIPS

Before Meditation

After Meditation

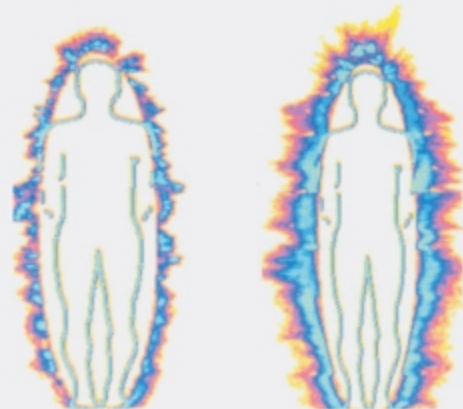


The GDV images show the bioplasmic energy field around the fingertips of a subject, before and after the Meditation on Twin Hearts. From this experiment, we can conclude that the energy of a person increases tremendously after the doing the Meditation on Twin Hearts. The Meditation on Twin Hearts has spiritual, psychological and physical benefits.

AURA AROUND THE ENTIRE BODY

Before Meditation

After Meditation



The above images show the bioplasmic energy field around the whole body (as computer generated by the GDV camera) of S.M.P. before and after doing the Meditation on Twin Hearts.

(The GDV images were taken by the All India Yoga Vidya Pranic Healing Foundation Trust. Research by Dr. C. Sundaram and Dr. Vrunda J.P.)